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Housekeepers' Chat

Friday, January 10, 1930.

NOT FOR PUBLICATION

Subject: "Fish Chowder for Friday." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Home Baking."

"Gee," said Billy, "this makes a lot, Aunt Sammy. We have made 30 already, and here are ten more I've cut out. Can't I even eat a little one before dinner? Uncle Ebenezer will probably be late, and I'm so hungry!"

At that minute Uncle Ebenezer entered, by way of the kitchen door.

"Doughnuts," said Uncle Ebenezer. "If my old nose don't tell me lies, it 'pears like I smell--not pumpkin pies--but doughnuts. My favorite dessert. Is dinner ready?"

I had dinner on the table in a jiffy, and, if I do say it myself, it was a good meal. Uncle Ebenezer praised the Fish Chowder, and the Corn Pone. He liked the apple sauce, and he said the doughnuts were the best I had ever made.

"Do you know when doughnuts were invented?" asked Uncle Ebenezer, when we came to the dessert course--doughnuts and cheese, and apple sauce.

"No, I haven't the slightest idea when they were invented, nor where. Fourteen-hundred-and-ninety-two is about the only important date I remember. When were doughnuts invented?"

"Four hundred years ago," said Uncle Ebenezer. "In France, in 1529. French bakers celebrated the four-hundredth anniversary of the doughnut last year. They say the doughnut crossed the English channel, and eventually came to America."

"Is that so?" I asked. "I always thought that 'fried cakes' or 'crullers' originated in American kitchens."

"I don't know," said Uncle Ebenezer. "At any rate, it is agreed that the doughnut is entitled to recognition. If France wanted to celebrate in its honor, I shall not object. May I have another one, and some more coffee, please?"

If you'd like to write my menu, and the recipes, there's no time like the present. First, the menu: Fish Chowder; Corn Pone, or other crisp bread; Celery; Apple Sauce; Doughnuts; and Cheese.

Second, the menu for Fish Chowder. Ten ingredients, for Fish Chowder:

1-1/2 pounds fresh cod, haddock,
or any other large fish
2 cups diced potatoes
1 cup diced carrots
1 quart water
1/4 pound salt pork, diced

1 onion, chopped
2 tablespoons flour
1 pint milk
Salt, and
Pepper

Ten ingredients, again: (Repeat.)

Cut the fish into small pieces, and remove the bones and skin. Cook the fish, potatoes, and carrots in the water for 15 minutes. Fry the salt pork until crisp, remove from the fat, cook the onion in the fat until yellow, add the flour stir until well blended, and add the milk. Add this mixture to the fish and vegetables, add the salt and pepper, stir frequently, and simmer for 10 minutes longer. Add more seasoning if necessary, and serve over crackers.

Next, the recipe for doughnuts. Forty ingredients--I mean nine ingredients, which make 40 doughnuts:

1 cup milk
4-1/2 cups sifted soft-wheat
flour
2 teaspoons fat
2 eggs

5 teaspoons baking powder
1 cup sugar
2 teaspoons salt
1/2 teaspoon cinnamon, and
1/8 teaspoon nutmeg.

Does everybody have nine ingredients? I'll check them for you: (Repeat).

Mix the ingredients just as you would for a butter cake. That is, place the fat in a warm place, until it becomes soft, though not melted. Then combine it with the sugar. This is just as satisfactory, and much quicker, than the old-fashioned method of creaming cold fat and sugar together.

After the fat and sugar have been thoroughly combined, stir in the beaten egg yolks. Then add, alternately, the liquid, and the dry ingredients, which have been mixed and sifted together. At the start, add only a small quantity of the liquid. If you add too much, it will dissolve the sugar. Fold in the well-beaten egg whites. Roll out the dough, about one-third inch thick. Don't handle the dough any more than necessary. Cut out the doughnuts, and fry them in deep fat. The fat should be hot enough to make a doughnut rise to the surface quickly, and to brown each side, in about one minute. If you have a thermometer, see that it registers about 375 degrees Fahrenheit, when you test the fat.

Let's repeat the menu, for the benefit of those who came in late: Fish Chowder; Corn Pone, or other crisp bread; Celery; Apple Sauce; Doughnuts; and Cheese.

Monday: "How To Reduce."

